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Just Talk About It: Using Mental Health Education to Prevent and Treat Substance Use Disorder

Susan Halpin

University of Massachusetts Medical School

Et al.

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Welcome to the Webinar

Just Talk About It

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Your Webinar Host



Susan Halpin

susan.halpin@umassmed.ed

u

NNLM NER,

Education & Outreach

Coordinator

University of Massachusetts

Medical School

Worcester, Massachusetts



U.S. National Library of Medicine
*National Network of Libraries of Medicine
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About National Library of Medicine (NLM)



Physical library is Bethesda, MD part of the NIH campus.

Largest biomedical library in the world

One of the federal government's largest providers of digital content

The library is open to everyone

NLMs mission

*Advance the progress of medicine and improve public health
by making biomedical information accessible to everyone.*

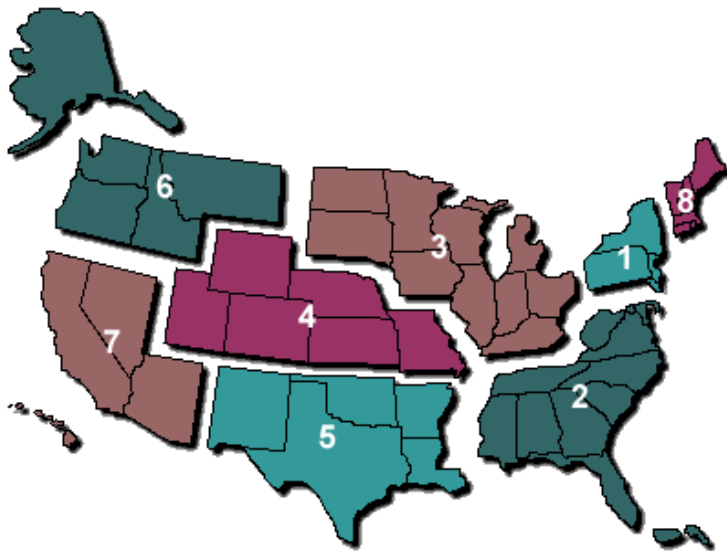


U.S. National Library of Medicine

National Network of Libraries of Medicine
New England Region

NLM Carries Out its Mission Through National Network of Libraries of Medicine (NNLM)

<https://nnlm.gov/>



- Nationwide network of health sciences libraries, public libraries & information centers
- Each region has a partnership with a regional medical library
- Outreach provided through
 - Free access to online health & medical resources
 - Free Training & Professional Development
 - Grant funding opportunities available for your community

Substance Use Disorder Resources from the National Library of Medicine

Opiate Addiction and Treatment Information Guide <https://sis.nlm.nih.gov/enviro/addiction.html>

Disaster Lit[®] search of [opioid guidelines, reports, factsheets, etc.](#), including:

Fentanyl Safety Recommendations for First Responders

<https://disasterlit.nlm.nih.gov/record/16121>

How HIPAA Allows Doctors to Respond to the Opioid Crisis

<https://disasterlit.nlm.nih.gov/record/16093>

Preventing Opioid Misuse in the States and Territories: A Public Health Framework for Cross-Sector

Leadership <https://disasterlit.nlm.nih.gov/record/15995>

MedlinePlus Opioid Abuse and Addiction <https://medlineplus.gov/opioidabuseandaddiction.html>

Abuso y adicción de opioides <https://medlineplus.gov/spanish/opioidabuseandaddiction.html>

Pillbox – Handy tool for identifying a pill that is found <https://pillbox.nlm.nih.gov>

HealthReach [low-literacy patient materials about opioids, opioid addiction, and opioid treatment](#)

(includes documents, videos, and audio)

PHPartners Information Access for the Public Health Workforce

<https://phpartners.org/>

PHP Partners aggregates a lot of public health news, some of it involving substance use disorder from a public health point of view, <http://www.pewtrusts.org/en/multimedia/audio/2017/treating-the-opioid-epidemic>.

Partnership for Drug-Free Kids

<https://drugfree.org/>

Heroin, Fentanyl & Other Opioids – A Comprehensive Resource for Families with a Teen or Young Adult Struggling with Opioid Use - <https://bit.ly/2vb6Onm>

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Addiction Information Geared Toward Teens & Educators

For Teens

- Created by National Institute on Alcohol Abuse and Alcoholism. A young teens place for information alcohol and resisting peer pressure. <https://www.thecoolspot.gov/>
- Exhibition from The National Library of Medicine that explores the history of intoxicating pleasures and medical prescriptions <https://www.nlm.nih.gov/exhibition/pickyourpoison/>
- National Institute on Drug Abuse (NIDA) Leading the Search for Scientific Solutions, <https://www.drugabuse.gov/publications/drugs-brains-behavior-science-addiction/advancing-addiction-science-practical-solutions>

For Educators

- National Institute on Drug Abuse Guide to Preventing Substance Abuse to be used by Early Childhood Educators
https://d14rmgtrwzf5a.cloudfront.net/sites/default/files/early_childhood_prevention_march_2016.pdf
- National Institute on Drug Abuse, Why is Adolescence a Critical Time for Preventing Drug Addiction
<https://www.drugabuse.gov/publications/drugs-brains-behavior-science-addiction/preventing-drug-abuse-best-strategy>



Mental Health Web Resources From NLM and Partner Organizations

MedlinePlus

www.medlineplus.gov

Includes many mental health topics pages, as well as drug information, directories of providers/facilities, a medical dictionary, medical encyclopedia and more.

MedlinePlus Search Tips:

Start with the health topics

For basic information, you can use the medical dictionary or encyclopedia

Find providers and hospitals/facilities in the directories

Find support groups in organizations section

Look up drug or supplement information.

For more in depth drug information, explore the Drug Information Portal:

<http://druginfo.nlm.nih.gov>

Tips for Advanced Searching with the Search Box

For phrase searching, use quotes: "Asperger's Syndrome"

Can search a specific site: Ex/ bullying site:kidshealth.org

Not case sensitive

Will spell check

Type – Alzheimer's – show spell check

Can use Boolean searching (OR, NOT)

(nutrition AND exercise) NOT surgery

With +, can limit search term to exactly what you

Ex/ +schizophrenia

With *, can search for variations of a word: Schizo*

National Institute of Mental Health

<https://www.nimh.nih.gov/index.shtml>

The National Institute of Mental Health (NIMH) is one of 27 components of the National Institutes of Health (NIH), the Federal government's principal biomedical and behavioral research agency. Includes information for the public on the signs, symptoms, diagnosis and treatment for anxiety disorders, attention deficit hyperactivity disorder, autism spectrum disorders, bipolar disorder, borderline personality disorder, depression, eating disorders, generalized anxiety disorder, obsessive-compulsive disorder(OCD), panic disorder, post-traumatic stress disorder (PTSD), schizophrenia, social phobia (social anxiety disorder). Information is available on Clinical Trials, Statistics and Publications Some publications are available on order in print for free. Also there is information for research, funding and community outreach.

K-12 Web Resources

<https://sis.nlm.nih.gov/outreach/k12.html>

The screenshot shows the NIH Outreach Activities & Resources website. The header includes the NIH logo and the text "U.S. Department of Health & Human Services" and "National Library of Medicine National Institutes of Health NLM". The main navigation bar has links for "Home", "About Us", "A-Z Index", "SIS Home", and "Contact Us". The page title is "K-12 Science and Health Education". Below the title, there is a description: "Working with teachers and scientific experts to provide FREE reliable resources to help introduce, reinforce, and supplement education programs." A list of resources is displayed on the right side, each with a link icon: "Get the latest news!", "Biology", "Careers", "Disasters", "Environmental Health Science/Chemistry", "Forensics and Medical Technology", "Games", "General Health", "Genetics", "Health Information Tutorials", "HIV/AIDS", "Lesson Plans", "Projects", and "Spanish-Language Resources". On the left side, there are several sections: "Outreach Projects" (listing various health topics), "Resource & Tools" (listing various educational materials), "About Us" (listing various outreach programs), and "Announcements" (listing various news items). At the bottom, there is a note: "PDF documents can be viewed with the free Adobe® Reader".

K-12 Web Resources

<https://sis.nlm.nih.gov/outreach/teachersflyer.pdf>



Biology

Against the Odds: Making a Difference in Global Health (Grades 9-12+)

How communities work to improve quality of life. Classroom resources included.

apps.nlm.nih.gov/againsttheodds

MedlinePlus® (Grades 6-12+)

Easy to read health information. An excellent source for all ages. Also available in Spanish.

medlineplus.gov

Rewriting the Book of Nature: Charles Darwin and the Rise of Evolutionary Theory (Grades 9-12+)

Explore the scientific discoveries and contributions of Charles Darwin.

nlm.nih.gov/exhibition/darwin/index.html

PubMed®/MEDLINE® (Grades 11-12+)

A citation index for articles from medical and life science journals. View the PubMed tutorial for site navigation.

pubmed.gov

Visible Human Project® (Grades 6-12+)

Complete, anatomically detailed, 3D representations of the normal male and female human bodies.

nlm.nih.gov/research/visible/visible_human.html

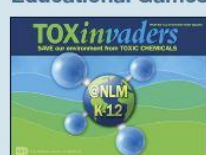
Chemistry

ChemIDplus®/ Chemicals Page (Grades 7-12+)

View and manipulate chemical structures for more than 400,000 chemicals. Create cis and trans models, conduct structure similarity searches, and view chemical synonyms.

sis.nlm.nih.gov/chemical.html

Educational Games



Entertain and educate at the same time. View our games on chemistry, environmental health, and genetics on the K-12 homepage:

k12.nlm.nih.gov

Environmental Health Science

Engaging Educational Animations (Grades 6-8)

Engaging educational animations that convey complex environmental health concepts.

kidsenvirohealth.nlm.nih.gov/generic3/videos

Environmental Health Student Portal (Grades 6-8)

Connects middle school students to environmental health information.

kidsenvirohealth.nlm.nih.gov

Household Products Database (Grades 6-12+)

Learn about the potential health effects of chemicals in common household products.

hpd.nlm.nih.gov

TOXMAP® (Grades 9-12+)

Uses maps of the United States to visually explore Superfund and Toxic Release Inventory data from the EPA. Includes classroom materials.

toxmap.nlm.nih.gov/toxmap

Tox Town® (Grades 6-12+)

Guide to commonly encountered toxic substances. Includes classroom materials. Also available in Spanish.

toxtown.nlm.nih.gov

Tox Town® Environmental Health Curriculum for Middle School (Grades 6-8)

Lessons and activities combine research on the Tox Town website with hands-on experiments and social action activities.

toxtown.nlm.nih.gov/text_version/teachers.php?id=2

ToxTutor (Grades 9-12+)

Self-paced tutorial on key principles of toxicology. Written at an advanced level, with illustrations.

toxtutor.nlm.nih.gov

continued >

National Library of Medicine
8600 Rockville Pike
Bethesda, MD 20894
1.888.Find.NLM (1.888.346.3656)
custserv@nlm.nih.gov

nlm.nih.gov



December 2016

K-12 Web Resources for Your Science Classroom

Forensic Science and Medical Technology

Frankenstein – Penetrating the Secrets of Science (Grades 6-12+)

Explores Frankenstein as a framework for discussing the ethics involved in scientific research. Lesson plans included.

nlm.nih.gov/frankenstein

Visible Proofs: Forensic Views of the Body (Grades 6-12+)

Collection of images, videos, and stories about the history and the development of forensics. Classroom resources included.

nlm.nih.gov/visibleproofs

Genetics

GeneEd (Grades 9-12)

Links to vetted genetics websites based on high school science curriculum. Includes lesson plans and current events.

geneed.nlm.nih.gov

Genetics Home Reference™ (Grades 6-12+)

Information about genetic conditions.

ghr.nlm.nih.gov

Harry Potter's World: Renaissance Science, Magic, and Medicine – Genetic Traits (Grades 9-12)

Explore the genetics of the characters and the roots of the creatures and magic in the Harry Potter book series in terms of Renaissance science and historical lore. Lesson plans included.

nlm.nih.gov/exhibition/harrypottersworld

Help Me Understand Genetics Handbook (Grade 6-12+)

Information about genetics in clear language and links to online resources.

ghr.nlm.nih.gov/handbook

Health Information Tutorials

Evaluating Internet Health Information Tutorial (Grades 6-12+)

Learn how to evaluate health information found on the Web. Middle school and up.

nlm.nih.gov/medlineplus/webeval/webeval.html

Finding and Using Health Statistics (Grades 9-12+)

Course in health statistics. Also includes strategies for locating health statistics.

nlm.nih.gov/nichsr/usestats/index.html

Guide to Health Web Surfing (Grades 6-12+)

What to look for when evaluating the quality of health information on the Internet.

nlm.nih.gov/medlineplus/healthywebsurfing.html

Understanding Medical Words (Grades 9-12+)

Tutorial for consumers on understanding medical terminology.

nlm.nih.gov/medlineplus/medicalwords.html

Science in Society

Native Voices (Grades 6-12+)

Lesson plans that explore Native Americans' relationship to their health and the environment. The lessons enhance the experience of the Native Voices traveling and online exhibit.

nlm.nih.gov/nativevoices/resources/lesson-plans-list.html

Careers

Changing The Face of Medicine: Celebrating America's Women Physicians (Grades 9-12+)

Features the lives and work of women physicians from the 19th century. Classroom resources included.

nlm.nih.gov/changingthefaceofmedicine

Enviro-Health Links: Education, Careers and Outreach in Toxicology and Environmental Health (Grades 9-12+)

Links to websites about education and careers in toxicology and environmental health.

sis.nlm.nih.gov/enviro/edcotox.html

Health Occupations (Grades 9-12+)

Resource links to information about health occupations.

nlm.nih.gov/medlineplus/healthoccupations.html

Spanish Resources

MedlinePlus® (Grades 6-12+)

medlineplus.gov/spanish

ToxMystery en español (Grades 1-5)

toxymystery.nlm.nih.gov/espanol.html

Tox Town en español (Grades 6-12+)

toxtown.nlm.nih.gov/espanol

Connect with the NLM K-12 Team:

K-12 Newsletter

<http://bit.ly/1FJ81IG>

Twitter

@NLM_K12

Graphic Medicine Book Club Kit

NIH NLM NNLN
New England Region

nmlm.gov/ner/kits

Graphic medicine is the combination of comics and healthcare. Comics help with understanding illness and health.

These kits are available to any organization in New England for free.

How kits work

1. Pick a health comic



Addiction - AIDS - Aging - Cancer - Epilepsy - Grief - LGBTQ - Mental Health - OCD - Veterans

2. You receive a kit in the mail

Kits include:

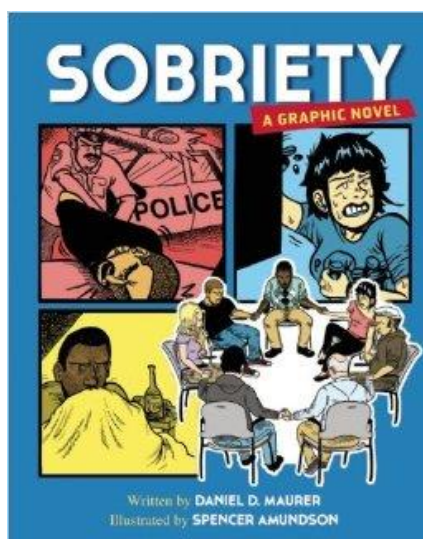
6 Graphic Novels
Discussion guides with questions
Valuable NLM resources on the selected topic



3. Read and learn together!



Offering programming on addiction and recovery? Consider borrowing one of our Graphic Medicine Book Club Kits featuring *Sobriety: A Graphic Novel*!



From the publisher... "Through rich illustration and narrative, *Sobriety: A Graphic Novel* offers an inside look into recovery from the perspectives of five Twelve Step group members, each with a unique set of addictions, philosophies, struggles, and successes while working the Steps."

To Request a Kit: www.nlm.gov/ner/kits

For Questions or Further Information, Contact
Sarah Levin-Lederer at
Sarah.LevinLederer@umassmed.edu



U.S. National Library of Medicine

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Just Talk About It – Breaking the Silence Through Education Your Webinar Presenter



Carl Antisell

Speaker/Director of Strategic Communications and Information
Services

Minding Your Mind, <http://mindingyourmind.org/>
carl@mindingyourmind.org



JUST TALK ABOUT IT

Breaking the silence through education.



MINDING
YOUR **MiND**



MINDING YOUR **MiND**



One in four people has a **mental illness**.
You can be the **one** that helps.



MINDING YOUR **Mi**ND

Enlightening Attitudes Toward Mental Health Issues



/MindingYourMind



@MindingYourMind



Stigma



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stig·ma

/ˈstigmə/

noun

1. a mark of disgrace associated with a particular circumstance, quality, or person.
"the stigma of mental disorder"

synonyms: shame, disgrace, dishonor, ignominy, opprobrium, humiliation, (bad)

reputation

"the stigma of bankruptcy"



Translations, word origin, and more definitions



MINDING YOUR **Mi**ND

Enlightening Attitudes Toward Mental Health Issues



/MindingYourMind



@MindingYourMind

DRINK

Get Angry

Stressed because my parents found out

Stressed because my friends are mad at me

Get in a fight while drinking

Drink

Get Angry

Negative self talk gets worse

Start isolating

Embarrassed while drunk

Drink

Start using negative self talk

Get angry

I am hurt because someone made me feel different



MINDING YOUR **Mi**ND

Enlightening Attitudes Toward Mental Health Issues



/MindingYourMind



@MindingYourMind

Positive Coping

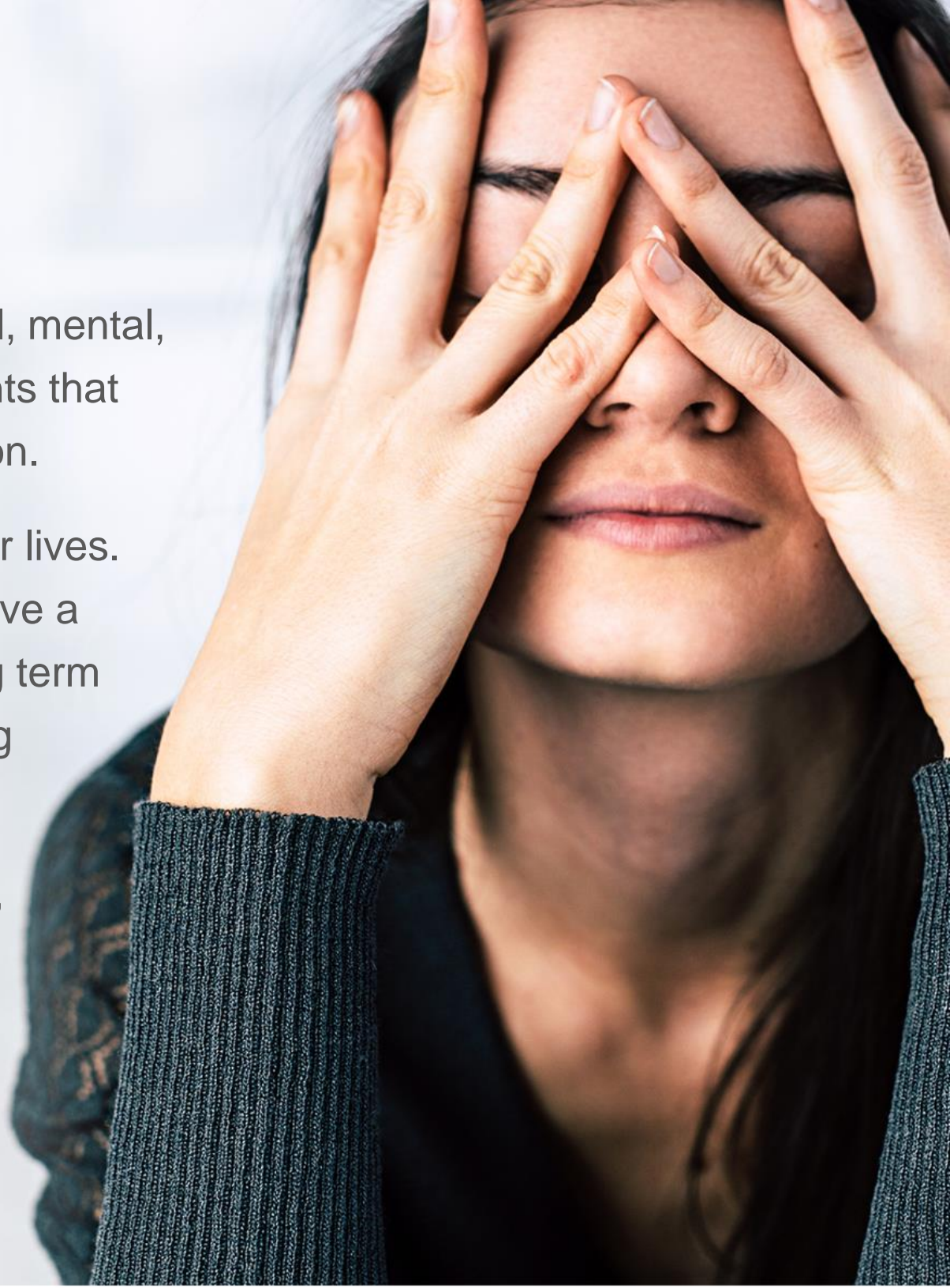
What Do You Do For Fun? How Do You De-Stress?





STRESS

- Stress is defined as a physical, mental, or emotional response to events that causes bodily or mental tension.
- We all experience stress in our lives. For adolescents stress can have a significant impact on their long term physical and mental well-being
- Stress is caused by situations that put high demands on you, but don't give you very much control over how to meet those demands.



Factors that cause stress:

chronic illness death of a loved one

parents divorce

graduation abuse/neglect

unsafe home life legal issues

relationship issues

social media

school demands recent move



STRESS & DEPRESSION

- When stress hormones, intended for an emergency, remain switched on for a long time, they can slow the growth of nerve fibers in the areas of the brain responsible for emotions and memory.
- These stress hormones affect the structure of the brain which is linked to depression.
- A **crisis** is an event that takes place in an adolescent's life that creates stress so severe they can't find relief.
- Keep in mind that it is not necessarily the event that is the crisis. It is the child's interpretation of the event as well as their coping skills and access to social supports that contribute to the crisis.

A photograph of three young people sitting outdoors on a paved surface. A young man in the center, wearing a white t-shirt and a backpack, is smiling broadly. To his left, a young woman with long dark hair, wearing a green hoodie, is also smiling. To his right, another young woman with blonde hair is partially visible, smiling. The background shows some yellow and red storage containers. A semi-transparent purple rounded rectangle is overlaid on the left side of the image, containing the title. A semi-transparent white rounded rectangle is overlaid on the right side, containing a bulleted list.

Positive Stress Relievers

- Self-Care / Yoga / Meditation
- Exercise and eat regularly
- Make sure to get enough sleep
- Connect with friends/peers/family
- Decrease negative self-talk
- Learn practical coping skills



Negative Stress Relievers

- Anger / Rage
- Substance Abuse
- Eating, or not being able to eat
- Self-injury



Possible Precipitating Factors for Depression

- Depression in Parents
- Recent Loss
- Family Crisis
- Family Dysfunction
- High Expectations by Parents
- Stressor in Students Environments
- Substance Abuse

THE BRAIN & DEPRESSION

- The biological cause of depression is often a deficiency in certain neurotransmitters, particularly serotonin.
- Factors such as chronic or high levels of stress, genetics, alcohol, and others have a biological connection to depression.




THREE PARTS OF THE BRAIN

- **LIMBIC SYSTEM**
 - Controls short term memory and emotions
- **CEREBRAL CORTEX**
 - Controls long term memory, language, and problem-solving techniques
- **PRE-FRONTAL CORTEX**
 - Controls executive functioning and impulse control
 - This part of the brain is not fully developed until the person is between 19 and 25 years old
 - Substance abuse or emotional/physical abuse can impede the development of this portion of the brain
 - The underdeveloped pre-frontal cortex is connected to depression, cutting, and other adolescent triggers



Emotional Symptoms of Anxiety

- Excessive stress or worrying / What if?
- Feeling powerless
- Having a sense of impending danger/panic/doom
- Trouble concentrating
- Feeling jumpy or tense
- Irritability



Physical Symptoms of Anxiety

- Heart palpitations/increased heart rate
- Rapid breathing (hyperventilation)
- Shortness of breath, chest pains
- Dizziness, light-headed, nausea
- Sweating
- Trembling, feeling weak or tired



LEARN THE DOs AND DON'Ts

- DO learn the symptoms
- DO take the threat seriously
- DON'T keep suicide threats a secret
- DON'T call their bluff
- DO let them know you care that they are alive



Adolescents have reason for everything they do. To them, it's a good reason.

- **What's Behind the Mask?**
- **Build a Team**
- **Look For Patterns**
- **Know Your Resources**
- **Focus on Self Care**

A photograph of two women in a professional setting. On the left, a woman with short blonde hair and glasses is smiling and looking towards the right. On the right, a woman with long brown hair is looking towards the left, with her hands raised in a gesturing motion. They are sitting at a desk with a laptop and some papers. In the background, there is a bookshelf with books and a framed picture. A semi-transparent purple box with rounded corners is overlaid on the left side of the image, containing the text 'Three Magic Words'.

**Three
Magic
Words**

Tell me more.



HOW TO HELP SOMEONE IN CRISIS

- Listen
- Validate
- Provide Support
- Know Your Resources
- Focus on Self Care

National Suicide Prevention Lifeline
1-800-273-8255

Crisis Text Line
**Text HOME or START to
741-741**

talk about it

A student approaches you in between periods and says that she's concerned with some statements her friend is making on Facebook about wanting to give up.

What do you do?

talk about it

While eating lunch with your colleagues you overhear a teacher talking about some concerning comments a student of theirs is consistently making. The teacher is brushing them off as nothing.

What do you do?

Questions?

Thank you Carl
and thank you to those joining us for
attending this webinar!

**If you are planning to receive MLA continuing education credit,
you must complete the evaluation for this webinar.*

We value your feedback, please help us continue to improve by completing the evaluation.

EVALUATION LINK

<https://www.surveygizmo.com/s3/3529624/7b915f5d6d58>

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Evaluation Code – subuse2

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You have 30 days from the date you completed the course to complete an evaluation and claim credit.
Here are the instructions to receive MLA Credit.

1. Go to www.medlib-ed.org.
2. Login. If you do not have a current MLANET login, please Register as an MLA guest. After you've set up your MLA account and you're logged in to MLANET, click MEDLIB-ED on the navigation bar to return to MEDLIB-ED.
3. Click My Learning on the blue bar near the top of the MEDLIB-ED home page.
4. Enter the [code] and complete the attestation and evaluation and claim credit.
5. To learn more about MEDLIB-ED, please see the FAQ in the About menu.
6. If you have questions or run into problems, please email MEDLIB-ED@mail.mlahq.org.